**Emotional Health and Wellbeing support**

**The Academy of St Nicholas**

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| **Organisation** | **Service** | **Contact Details** |
| Kooth | Free, safe and anonymous  Online counselling and support | [www.kooth.com](http://www.kooth.com) |
| UK Safer Internet Centre | Online safety tips, advice and resources to help children and young people stay safe online. | [www.saferinternet.org.uk](http://www.saferinternet.org.uk) |
| Childline | Talk to a counsellor online, send Childline an email or post on the message boards. | [www.childline.org.uk](http://www.childline.org.uk)  0800 1111 |
| NSPCC | Every day, support, we are here to protect children. Help protect a generation of children against abuse. Fighting For Childhoods. 24/7 Help. Protecting Children Today. Preventing Child Abuse. | [www.nspcc.org.uk](http://www.nspcc.org.uk) |
| YPAS  (Young Persons Advisory Service) | Providing mental health and emotional wellbeing services for Liverpool's Children, Young People and Families. | [www.ypas.org.uk](http://www.ypas.org.uk)  YPAS Plus South Hub  Lyndene Road  Liverpool  L25 1NG  0151 305 2030  support@ypas.org.uk |
| Fresh CAMHS | Offer specialist services to support children and young people in Liverpool and Sefton, up to the age of 18, who are experiencing mental health difficulties. We also provide support to their families or carers. | [www.freshcamhs.org](http://www.freshcamhs.org)  camhs.referrals@alderhey.nhs.uk  0151 293 3662 |
| Young Minds | Provision for all young people get the best possible mental health support and have the resilience to overcome life's challenges. | [www.youngminds.org.uk](http://www.youngminds.org.uk)  0808 802 5544 |
| Young Addaction | Drug & Alcohol Support for Young People. Young Addaction work with young people aged 10 to 19 providing advice and support for drugs and alcohol. Our transitional service supports 20 to 24 year olds with additional support needs (e.g. Learning disabilities or Mental Health issues) | 0151 706 9747 |
| Barnardo’s – Action with young carers Liverpool | Young Carers and family Support  Supporting children and young people in Liverpool who are looking after a family member who is ill, disabled, has mental health problems, or is misusing drugs or alcohol. | 0151 228 4455 |
| ADDvanced Solutions | ADDvanced Solutions Community Network encourages, equips and empowers children, young people and their families living with neurodevelopmental conditions, learning difficulties and associated mental health needs. | [www.addvancedsolutions.co.uk](http://www.addvancedsolutions.co.uk)  Community Network |